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**SPECIAL
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SOON!**

Tuesday



BEEN THERE, WON THAT
The Bruins are
no strangers to the
pressure of Game 7 **20**

STATISTICAL SLIDE
A study finds fewer
Mexicans are living
in the U.S. illegally **3**

SAFEKEEPING
Pop culture relics
are preserved at the
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APRIL 24, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

**As online offerings
proliferate, the future
of free TV broadcasts
grows fuzzy 13**

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GETTY IMAGES



eye openers

UNIONS

‘You May Now Sniff the Bride’

More than 100 guests spent Sunday at the Palm Desert Resort Country Club in California watching a \$5,000 dog wedding, the Desert Sun reported. A live band performed “You Light Up My Life” as Scruffy Rubin walked down the aisle toward Snickers Carter. Instead of gifts, Scruffy’s owner, Ernie Rubin, and Snickers’ owner, Ann Carter, asked guests to donate to the Humane Society. (EXPRESS)

“They may consider it overboard, but I ... look at it like a once-in-a-lifetime opportunity to make memories.”

— TAMMY DAY, WHO PUT UP A BILLBOARD AS PART OF A FAILED PUBLICITY CAMPAIGN TO GET HER DAUGHTER ELECTED HIGH SCHOOL PROM QUEEN IN KILLEEN, TEXAS.

TRIAGE

‘And Greece Would Like Its Economy Back. Get in Line.’

Slovenia and Austria are fighting over the name of a sausage: Slovenia’s “Kranjska klobasa” and Austria’s “Krainerrwurst.” Slovenia wants the EU to give the sausage special Protected Geographical Indication status, a designation that’s gone to Champagne wine in France and Parmesan cheese in Italy. “We’re not going to allow anyone to deny us the Krainer,” said an Austrian minister. (AP)

The Big Picture

MINDY SCHAUER/THE ORANGE COUNTY REGISTER/AP



RUN FOR COLOR: Color Run participants are doused in colored dust at the finish of the 5k at the Great Park in Irvine, Calif. Participants begin the run in white shirts; each kilometer is associated with a color that’s thrown on runners as they make their way through the race. The finish is known as the “Color Extravaganza.” (AP)

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A Publication of the The Washington Post

Illegal Immigrant Numbers Drop

Mexicans leave U.S. after seeing few job prospects, study says

Washington

The number of Mexican immigrants living illegally in the U.S. has dropped significantly for the first time in decades, a dramatic shift as many illegal workers, already in the U.S. and seeing few job opportunities, return to Mexico.

An analysis of census data from the U.S. and Mexican governments details the movement to and from Mexico, a nation accounting for nearly 60 percent of the illegal immigrants in the U.S. It comes amid renewed debate over U.S. immigration policy as the Supreme Court hears arguments this week on Arizona's tough immigration law.

Roughly 6.1 million unauthorized Mexican immigrants were living in the U.S. last year, down from a peak of nearly 7 million in 2007, according to the Pew Hispanic Center study released Monday. It was the biggest sustained drop



JOHN MORE/GETTY IMAGES

Army National Guardsman Spc. Bernard Mendoza watches the U.S.-Mexico border in 2011 in Nogales, Ariz. Illegal immigration has dropped significantly, data shows.

1.4M

The number of Mexicans who left the U.S. between 2005 and 2010, according to a Pew Hispanic Center study released Monday. (AP)

in modern history, believed to be surpassed in scale only by losses in the Mexican-born U.S. population during the Great Depression.

In all, the Mexican-born population in the U.S. last year — legal and illegal — fell to 12 million, marking an end to an immigration boom dating back to the 1970s, when foreign-born residents from Mexico stood at 760,000. The 2007 peak was 12.6 million.

Steve A. Camarota, director of research at the Center for Immigration Studies, a Washington group that advocates tighter immigra-

Decisions

Arizona's Law

The Pew estimates come amid heightened attention on immigration in an election year where the fast-growing Hispanic population could play a key role. Arizona's law, being challenged by the Obama administration in the Supreme Court, seeks to expand the authority of state police to ask about the immigration status of anybody they stop on the rationale that federal enforcement has largely failed. (AP)

tion policies, said the latest numbers show that immigration policies do make a difference.

"The bottom line is that immigration is not the weather. It is something that ... can be changed," he said. "The economy is worse but enforcement is also higher, making it more difficult for immigrants to get jobs in states like Arizona. They are now making new calculations and changing their views."

HOPE YEN (AP)

In Brief

NEW YORK

Etan Patz Search Yields No Obvious Evidence

The excavation of a Manhattan basement wrapped up Monday after yielding no obvious human remains and little forensic evidence during a four-day search that would help solve the decades-long mystery of what happened to Etan Patz, a 6-year-old who vanished in 1979. (AP)

ASTON, PA.

Romney Backs Obama's Student Loan Proposal

Republican presidential candidate Mitt Romney on Monday embraced a student loan proposal that President Obama is selling on the campaign trail and refused to endorse Sen. Marco Rubio's conservative immigration plan aimed at helping young illegal immigrants. (AP)

WASHINGTON

Walmart Faces Probe Tied to Bribery in Mexico

The Justice Department is conducting a criminal probe of Walmart for allegations of systematic bribery in Mexico. Walmart said that it has been meeting voluntarily with government officials at the Justice Department and the Securities and Exchange Commission as the giant retailer runs its own inquiry into charges that its Walmart de Mexico unit bribed foreign officials to gain business.

(THE WASHINGTON POST)



Sticker Shock: What do hospitals charge to remove an appendix? The startling answer is that it could be the same as the price of a refrigerator — or a house. A study published Monday in the Archives of Internal Medicine found huge disparities in the cost — \$1,500 to \$180,000, with an average of \$33,000. The differences were partly explained by where they were treated. But researchers could find no explanation for about one-third of the cost differences. (AP)

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Nation

Zimmerman Out of Jail

Free on bail, shooter likely fled to another state to avoid threats

Orlando, Fla.

George Zimmerman, who slipped out of jail on \$150,000 bail in the early morning darkness, went back into hiding Monday and likely fled to another state to avoid threats as

\$8

The price George Zimmerman must pay per day to use the GPS device used to track his movements.

he awaits his second-degree murder trial for the killing of Trayvon Martin. Even though authorities can pinpoint his location with a GPS ankle bracelet Zimmerman must wear 24-7, the public may not see him again for some time. Zimmerman has waived his appearance at his upcoming arraignment

Meanwhile ...



The police chief in the city where Trayvon Martin was shot was set to permanently step down from his

post after enduring strong criticism of his department's decision not to arrest George Zimmerman. City commissioners — who previously gave Sanford Police Chief Bill Lee a vote of "no confidence" — rejected Lee's resignation Monday. Lee, on paid leave, had stepped aside temporarily in March. (AP)

next month, so he can stay underground if he wants.

For more than a month before his arrest, Zimmerman eluded the media and his whereabouts were not known. His attorney has suggested he had several options for where Zimmerman can stay this

time, and a judge indicated he was willing to let Zimmerman leave the state.

Until the next time he must come before a judge, Zimmerman will have to skip such routine pleasures as eating in a restaurant or taking a long stroll outside, said Jose Baez, a former attorney for Casey Anthony. "He may be free, but he's not free," Baez said.

Zimmerman went underground after the Feb. 26 confrontation with Martin at the Sanford, Fla., gated community of townhomes where Zimmerman lived.

Martin's parents have a "heavy heart" now that Zimmerman has been released from jail, said Benjamin Crump, an attorney for the 17-year-old's parents, Tracy Martin and Sybrina Fulton.

"They hope his freedom is temporary because the pain he has caused this family is permanent," Crump said Monday.

MIKE SCHNEIDER (AP)

2033

The year trust funds that support Social Security will now run dry — three years earlier than previously projected— according to a report issued Monday by the trustees that oversee the massive program. (AP)

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

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Nation

April Showers Bring Snow to Pa.



NABIL K. MARK/AP

EVAN DREIBELBIS, 3, ducks to avoid a snowball thrown by his mother, Dana Dreibelbis, and sister Elle on Monday in Pine Grove Mills, Pa. Heavy snow closed schools and left many without electricity in western Pennsylvania.

Secret Service Scandal Grows

Source: 12th military member relieved of White House duties

Washington

The Secret Service prostitution scandal grew Monday to include a 12th member of the U.S. military as the Pentagon suspended the security clearances of all the military personnel who have been implicated. The Secret Service has also taken action against 12 of its employees.

Three Defense Department officials said the 12th military person involved was in Colombia in advance of President Obama's arrival for the Summit of the Americas

Meanwhile ...

The White House still faced fire Monday because of the scandal. Led by its top lawyer, the White House internally investigated and then ruled out misconduct by the White House staff members who helped arrange the president's trip ahead of his arrival in Colombia. Obama's chief spokesman, Jay Carney, sought to make clear that the "White House Communications Agency" is a military unit and not a White House one: "They are not members of the White House staff." (AP)

and was assigned to the White House Communications Agency, a military unit that provides secure communications for the president. The defense officials, who spoke on the condition of anonymity, said he is an enlisted man. One of the officials said the serviceman has been relieved of his duties at the White House.

Six Secret Service employees have been forced out of the agency amid the scandal that erupted the morning of April 12 when a fight over payment between a Colombian prostitute and an officer spilled into the hallway of the Hotel Caribe. They were part of Obama's advance security team in Cartagena. ALICIA A. CALDWELL (AP)

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


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 SAM ELIAS AND EMILY HARRINGTON IN COLORADO. PHOTO: KEITH LADZINSKI



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World

In Brief

PARIS

Sarkozy Plans to Court Far-Right Vote in Runoff

President Nicolas Sarkozy starkly laid out his path to re-election Monday: He will be plunging deep into far-right territory to hunt the votes he needs to beat Socialist challenger Francois Hollande in the runoff. Hollande won a slim upper hand in the first round of voting on Sunday. (AP)

CAIRO

Egypt Denies Permission To 8 U.S.-Tied Nonprofits

Egypt denied permission to operate locally to eight U.S.-based nonprofit groups, including a one led by former president Jimmy Carter, an official said Monday. A recent probe into alleged violations by such groups in Egypt led to the worst diplomatic row between Cairo and Washington in 30 years. (AP)

Sudans Accelerate Toward War

Bombings escalate as tensions rise over disputed border

Rubkona, South Sudan

Sudanese warplanes bombed a market and an oil field in South Sudan on Monday, killing at least two people after Sudanese ground forces had reportedly crossed into South Sudan with tanks and artillery, elevating the risk of all-out war between the two old enemies.

The international community, including the U.S., urged Sudan and South Sudan to talk out their disputes, which include arguments over where the border lies and over ownership of oil resources.

U.N. Secretary-General Ban Ki-moon condemned the Sudanese bombings and called on the government in Khartoum "to cease all



MICHAEL ONYIEGO/AP

Acts of Aggression

Bombs fell Monday on a market in Rubkona, South Sudan, killing two people and leaving nine more wounded as they turned stalls into fiery heaps of twisted metal, above. A South Sudan military spokesman also said Sudanese jets bombed the town of Abiemnom and an oil field. The extent of damage or casualties were not immediately known. Ground fighting, which started Sunday, was still ongoing in Panakuac, Laloba and Teshwin, he said. (AP)

"The bombing amounts to a declaration of war."

— **MAJ. GEN. MAC PAUL**, SOUTH SUDAN'S DEPUTY DIRECTOR OF MILITARY INTELLIGENCE, DISCUSSING SUDAN'S ATTACKS ON HIS COUNTRY ON MONDAY.

hostilities," U.N. deputy spokesman Eduardo del Buey said.

Ban urged Sudanese President Omar al-Bashir and South Sudan's President Salva Kiir "to stop the slide towards further confrontation and ... return to dialogue as a matter of urgency," the spokesman said.

But al-Bashir vowed Monday to press ahead with his military campaign until all southern troops or affiliated forces are chased out of the north. MICHAEL ONYIEGO (AP)



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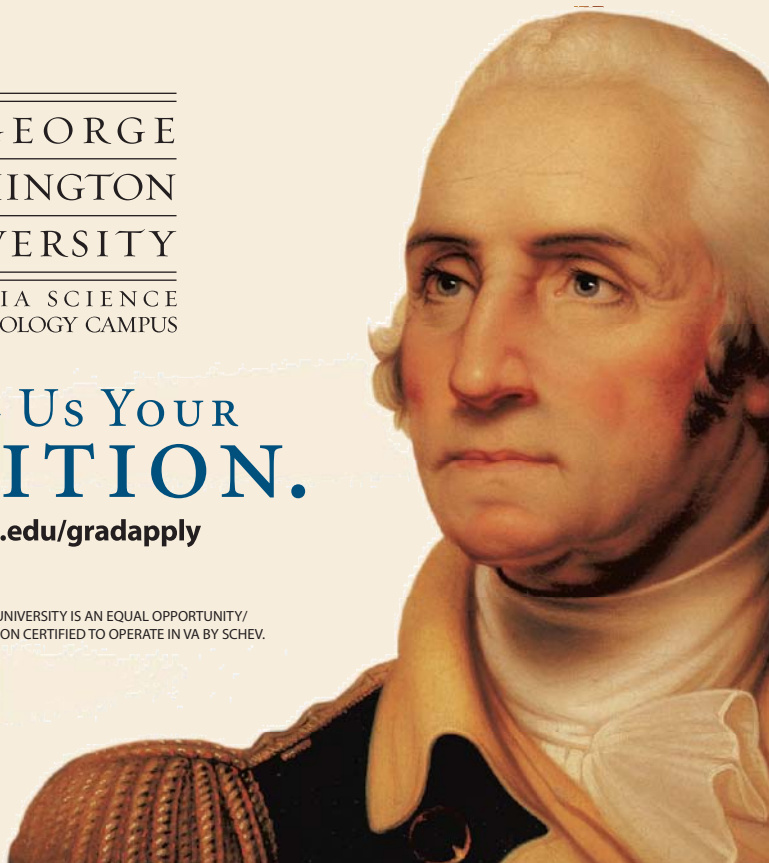
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HISTORY

Quite the Save

A Japanese teen who lost his home in last year's devastating tsunami now knows that one prized possession survived: a soccer ball that drifted all the way to Alaska. U.S. officials say the ball, which bore 16-year-old Misaki Murakami's name, is one of the first pieces of tsunami debris to wash up on the other side of the Pacific. It is expected to be sent back to its owner from Rikuzentakata soon. (AP)

EU Eases Sanctions on Myanmar

Yangon, Myanmar

Looking across a sea of young workers perched behind rows of buzzing sewing machines, factory owner Myint Soe has one main hope for Monday's suspension of European sanctions on Myanmar — the restoration of some of the 80,000 garment industry jobs lost here over the past 10 years.

Western trade embargoes imposed on the Southeast Asian nation since the late 1990s were supposed to punish its iron-fisted former military rulers for years of human rights abuses. But the poorest laborers suffered far more than the regime, and many lost jobs that

Meanwhile ...

Opposition leader Aung San Suu Kyi and 42 members of her party refused to take their new seats in Myanmar's parliament Monday as the oath of office pledges to "safeguard" the constitution, which they want to change. President Thein Sein said he was open to the possibility of a revision, and party officials expect a resolution soon. (AP)

could sustain entire families.

Bans on international financial transactions were so strict that even today, top international hotels in Yangon can only accept cash, not

credit cards.

On Monday, the European Union confirmed it was suspending most of its sanctions to reward Myanmar's recent wave of political reforms. The announcement is the biggest rollback yet, and many here are hoping rekindled trade ties with the West will yield badly needed growth.

In recent months, the West has begun rewarding Myanmar's new government for widely praised progress toward democratic rule. The government has freed political prisoners, signed truces with rebel groups and organized April 1 by-elections that were deemed free and fair. (AP)

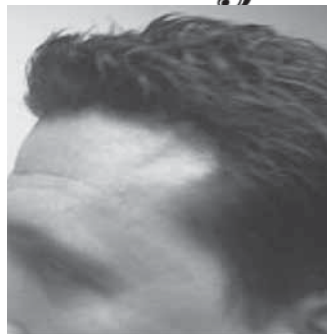
Hearsay



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— **ANDERS BEHRING BREIVIK**, WHO CONFESSED TO THE JULY 22 MASSACRE IN NORWAY, SAYING MONDAY AT HIS TRIAL THAT WERE HE AN ISLAMIST TERRORIST, NO ONE WOULD QUESTION HIS SANITY.

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Speakers: Mark R. McMahon, MD
Reservation Code: #977N

¹ Comparison THA procedure data on file at DePuy Orthopaedics, Inc.

² Matta JM, Ferguson TA. THA After Acetabular Fracture. *Orthopedics*. September 2005;28(9):959-960.

³ Matta JM, Shahrdrar C, Ferguson T. Single-Incision Anterior Approach for Total Hip Arthroplasty on an Orthopedic Table. *Clinical Orthopaedics and Related Research*. December 2005;441:115-124.

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World

Bloodshed in Syria Rises Amid U.N. Monitors Tour

Beirut

A day ago, crowds in the Syrian city of Hama welcomed a U.N. team sent in to observe a shaky truce. On Monday, government troops opened fire on the same streets, killing dozens, activists said, raising fears the regime is targeting opponents emboldened to protest by the U.N. monitors.

U.N. political chief B. Lynn Pascoe said the Syrian government has failed to implement the peace plan designed to end 13 months of deadly conflict that has killed more than 9,000 people.

The bloodshed — the worst violence in the central city of Hama in months — came despite the ceasefire that took effect April 12, though deaths nationwide have dipped in recent days. Skepticism about the commitment to the truce by Syrian President Bashar Assad remains high.

Sanctions Increase

The European Union on Monday banned the sale of luxury goods and products to Syria that can have military as well as civilian uses. The ban appears to take direct aim at some of President Bashar Assad's most loyal supporters: the business community and merchant classes that are key to propping up the regime. President Obama also levied new sanctions on Monday on people and entities in Syria that use technology to target their citizens and perpetrate human rights abuses. (AP)

"This was the punishment for the people of Hama because yesterday they were very brave when they met the U.N. monitors," activist Mousab Alhamadee said via Skype.

At least 33 people were killed Monday, activist groups said. (AP)

Pakistanis Mourn Jet Crash Victims



AP

WOMEN WEEP DURING THE FUNERAL PROCESSION Monday in Karachi, Pakistan, for a victim of Friday's Boeing 737 crash on the outskirts of Islamabad that left all 127 people aboard dead. The cause of the deadly accident, which occurred during a violent thunderstorm, is still under investigation.

Cover Story



Concern in Congress

Video's migration to the Internet creates new challenges for lawmakers and regulators who have strict rules for broadcasters and cable providers but none for the Web. And this week, Sen. Jay Rockefeller (D-WV.) will focus a hearing on how rural and disadvantaged communities are affected by the technology shift. "I want to focus this hearing on what these changes mean for consumers, especially in rural areas, and if this evolution of video can bring them higher quality content at lower rates," Rockefeller said. (TWP)

with such new rivals as Aereo, an online startup that the networks are suing for alleged copyright infringement. The firm offers \$12 monthly subscription to get shows from New York City broadcast stations streamed on the Internet.

The FCC said it remains committed to broadcast television even as it tries to get stations to give up airwaves to resell to wireless providers, and broadcasters say the decline of their business is exaggerated.

Jenn Rubin, a 28-year-old Web producer, rarely watches a video without firing up another device that may also stream videos at the same time. With broadband and WiFi at her Bethesda home, she can catch video news on any of her devices — as she did Friday, when she watched a Boston Celtics game on ESPN 360 over her tablet while working on her laptop. But she isn't prepared to give up her Comcast cable subscription — even as new technologies are poised to replace it.

"It's still a great experience to sit with friends in front of the TV with takeout and just hang out together," Rubin said. "That doesn't change." CECILIA KANG (THE WASHINGTON POST)

As viewers flock to online sources, TV stations face a struggle to survive

Washington

As the audience for free television fades, federal regulators are wrestling over the future of the government-mandated broadcasts, which were originally intended to knit the nation's disparate communities together.

Today, only 10 percent of the nation relies on free, over-the-air TV, which was created by the Telecom Act in the 1930s. To get a license, broadcasters had to offer local, educational and political programming, and to make it widely available to rich and poor alike.

Now, that viewing audience is becoming fragmented once again, social scientists say. On the Web, where users pick and choose what they want to watch, it's hard-

"I am paying so much for what doesn't seem like a lot. Nothing gives me everything I want."

— LINDA TAYLOR, 70, OF HERNDON, VA., WHO SAYS SHE BELIEVES CABLE AND THE INTERNET HAVE LED TO A DECLINE IN THE QUALITY OF LOCAL BROADCAST SHOWS, AREA NEWS INCLUDED. DIRECT TV GIVES HER DOZENS OF CHANNELS, BUT SHE WONDERS IF THE AVERAGE \$85 MONTHLY BILL IS WORTH THE THREE TO FOUR CHANNELS SHE LIKES MOST.

Ratings

Turned Off

All four major broadcast networks said prime-time viewership declined in the past four weeks, according to Nielsen. The data come at a tough time for networks, which are scrutinizing their lineups as advertisers look to lock in fall funding, but the New York Times reports that it's not an unexpected trend, partly influenced by the daylight saving time (the extended day lures would-be viewers outside) and by the mild spring. (EXPRESS)

er to ensure public broadcasting, local news and political debates will reach the bulk of American households. With such options as iTunes, Hulu, YouTube and Netflix — accessible on TVs and mobile devices alike — communities are no longer bonded by watching the same evening news and prime-time shows.

And as fewer people rely only on broadcast television, stations around the nation are struggling to survive even as some rural residents, elderly and the poor continue to rely on free TV.

"Make no mistake that there is no substitute for the role of the free and local broadcaster in deliv-

6 in 10

The number of consumers who now get their news online. Viewership for local television news has steadily declined since 2007, according to Nielsen. (TWP)

ering compelling content, niche programming, and lifesaving information in times of emergency," said Dennis Wharton of the trade group National Association of Broadcasters.

Americans watch about 147 hours of television a month, a pretty consistent figure in recent years, according to Nielsen, a media metrics firm. Now they supplement that viewing with tablets and laptops, watching an average of 4.5 hours of online video each month, double the amount three years ago.

That's made it harder for broadcasters to court advertisers as viewers shift to the Internet, analysts say.

And local broadcasters are faced



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Metro Board to Vote on Fare Hike

Proposal to change rates comes 6 weeks after public hearings

Washington

Metro's board of directors is expected to vote Thursday on an across-the-board fare hike for bus and rail riders and drivers who use parking facilities.

The fare changes come after Metro held six public hearings in February and March to get rider feedback.

Riders expressed frustration at poor service as rates are going up.

The last time Metro put in place a broad, sweeping fare hike was in fiscal 2011. Two weeks ago, Metro's finance committee approved fare hikes that average about 5 percent on rail.

The actual amounts would vary widely depending on the distance that a rider travels. The rates would go into effect July 1. Metro officials said it takes about 60 days to update and test the computer systems, and crews need time to make and install new signs.

In May, the board is expected to decide on the passage of its \$2.5 billion annual operating and capital budget for fiscal 2013.

Metro officials revised their

Proposed Increases

- ▶ Metro's base fare for rail riders would increase from \$1.95 to \$2.10.
- ▶ The maximum peak fare would increase from \$5 to \$5.75.
- ▶ The base off-peak rail fare would increase from \$1.60 to \$1.70.
- ▶ The maximum off-peak fare would be \$3.50.
- ▶ Bus fares would increase by a dime, rising to \$1.60 for those who use SmarTrip cards.
- ▶ Parking fees would rise by 25 cents.
- ▶ Metro also would eliminate its \$9 one-day pass, which is valid after 9:30 a.m. on weekdays.

budget numbers for fiscal 2013, projecting that the transit authority would have a \$103 million deficit, which is \$16 million less than previously estimated. Metro said it was able to reduce its deficit because of administrative cost cuts and rosier expectations of revenue from riders.

The biggest change for rail riders would be the ability to buy a 28-day unlimited pass for the first time in Metro's history. The new pass, which would be available on electronic SmarTrip cards, would cost \$230 and would allow a user to travel an unlimited distance any time of the day. DANA HEDGPETH

(THE WASHINGTON POST)

Montgomery Planning Head To Leave for Calgary Job

Transportation

Montgomery County's controversial planning director, Rollin Stanley, is headed to Calgary, where he will lead the city's Planning, Development and Assessment Department, officials announced Monday.

Stanley, who announced last week that he would be leaving the job he has held since 2008, will oversee a staff of 800.

Calgary is Canada's third-largest city, with a population of more than 1 million. LORI ARATANI

(THE WASHINGTON POST)

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Chuck Brown, 75, canceled his show at Howard Theatre last weekend in D.C.

'Godfather Of Go-Go' In Hospital

Washington

Chuck Brown, the "Godfather of Go-Go," did not make his scheduled appearance at the Howard Theatre this weekend: The 75-year-old musician has been hospitalized for joint pain and inflammation, a statement from the theater says.

Brown's concert will be rescheduled for June 29, with all tickets honored.

"There's no love like DC love!"

— CHUCK BROWN, WRITING ON HIS FACEBOOK PAGE ON APRIL 12, IN A NOD TO HIS FANS SHOWING SUPPORT FOR HIS HEALTH.

Brown's Facebook posts indicate that his health problems began before the weekend. On March 1, he posted that he was "under the weather and the doctor says I need a couple days rest," canceling an appearance during the CIAA tournament.

On April 12, Brown posted to his Facebook page, "I'm still in recovery mode, but doing better and looking forward to partying with ya'll again soon! I'm grateful for all the well wishes and kind notes — there's no love like DC love!"

Calls to Brown's manager were not returned and Brown's family has not commented. MAURA JUDKIS

(THE WASHINGTON POST)

NE Amidst A Restaurant Revival

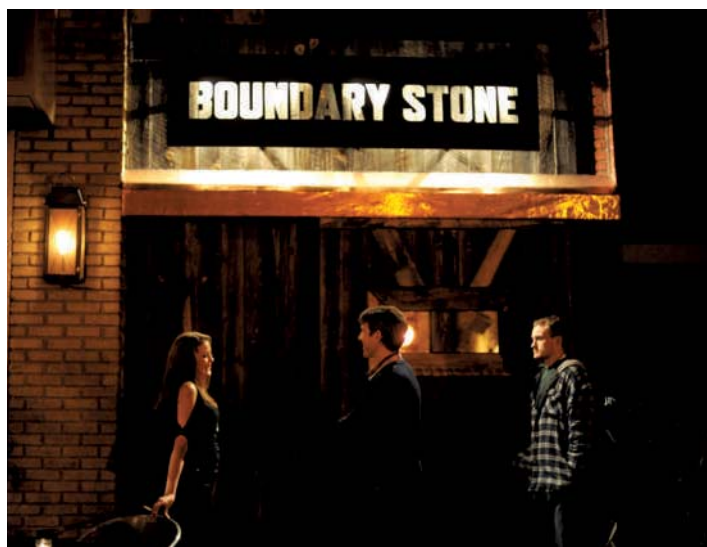
Establishments pop up as Ward 5 area gains hangout cred

Washington

There are five take-out joints, but only one place where you can sit down for a meal in the Woodridge section of Ward 5 in D.C.

That establishment, Lace On the Avenue, sits at 2214 Rhode Island Ave. NE along the main retail artery of the neighborhood. But owner Linda McAllister said the dearth of dining and shopping attractions on the avenue makes generating foot traffic challenging.

"It's a lovely neighborhood," said McAllister, who opened her eatery in 2008. "But when you look around for stores or places to eat, there aren't many options."



Friends meet outside the Boundary Stone, a tavern in Bloomingdale in Nov. 2011.

Things are changing.

Just a few doors down, two eateries are scheduled to open this summer: D.C. Chocolate Bar & Bakery and Oliver Friendly's Eat

& Smile. They are a part of a small but growing group of restaurants that merchants hope will further a transformation from retail desert into destination.

One entrepreneur who recognized the potential early on is Diton Pashaj, owner of Rustik Tavern at 84 T St. NW. Opened in September 2010, the brick-oven pizza parlor was Bloomingdale's first sit-down restaurant to serve alcohol in decades.

It joined popular hipster hangout Big Bear Cafe, a coffeehouse opened in 2007, in creating a fertile ground for other establishments.

Now, coffeehouse Showtime Lounge as well as bed-and-breakfast Little Inn are scheduled to open before the end of the year.

"No one knew how the neighborhood would embrace the changes," Pashaj said during a retail bus tour of Ward 5, hosted last week by the Economic Partnership. "But it's been a phenomenal experience watching the transformation."

(THE WASHINGTON POST)

Pr. George's Exec Girds for Casino Pitfall

Baker is prepared for gaming facility to go in budget battle

Annapolis, Md.

Prince George's County Executive Rushern L. Baker III, a Democrat, is girding for the possibility that any agreements to end the stalemate in Annapolis may exclude a proposed referendum this fall to allow a full-fledged casino in Prince George's.

But if that's the outcome of talks among Gov. Martin O'Malley, House Speaker Michael Busch and

Meanwhile ...



Prince George's County Executive Rushern L. Baker III said he talked with Md. Gov. Martin O'Malley recently

and "the governor said he was getting a whole lot of grief" from those who believe the gaming bill — not widely welcomed in the state House of Representatives — had caused the meltdown in Annapolis. Baker said he told the governor he is "getting a whole lot of grief" from people whose sidewalks need repairs. (TWP)

Senate President Thomas G. V. Mike Miller, all Democrats, Baker says he wants them to find other ways to plug the funding gaps for Prince George's.

"If you aren't giving me revenue through the gaming bill, give me revenue somewhere else," he told the Greater Bowie Chamber of Commerce Friday. On Tuesday, officials from Baker's administration will brief the County Council on the potential problems the stalemate could cause them as they cull through his proposed \$2.7 billion county spending plan, which they must approve by the end of May.

(THE WASHINGTON POST)



STATUES

Molded This Way

The Presidents Gallery by Madame Tussauds added a figure of Lady Gaga to the Washington wax museum Monday. The wax figure depicts the pop star in a one-shoulder, black latex bodysuit with huge platform shoes. Her hair is styled in the shape of a bow. The figure is on loan from the Madame Tussauds in Las Vegas through the end of June. (AP)

The Lotteries

Monday, April 23

Maryland

Mid-day Pick 3 3-1-6
Evening Pick 3 (Sun.) 8-0-7
Mid-day Pick 4 7-8-1-0
Evening Pick 4 (Sun.) 7-5-0-1
Match 5 (Sun.) 3-5-6-13-35 (9)

District

Mid-day Lucky Numbers 3-7-6
Evening Lucky Numbers (Sun.) 5-3-8
Mid-day DC 4 8-3-6-0
Evening DC 4 (Sun.) 7-0-3-9
Mid-day D.C. Five 9-6-3-4-0
Evening D.C. Five (Sun.) 4-4-3-5-9

Virginia

Mid-day Pick 3 8-3-8
Evening Pick 3 (Sun.) 2-0-3
Mid-day Pick 4 7-4-7-4
Evening Pick 4 (Sun.) 8-9-7-4
Mid-day Cash 5 (Sun.) 3-4-17-26-31
Evening Cash 5 (Sun.) 4-12-14-15-20

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



High school students in the Washington area can apply for the **2012 YJDP Digital Workshop**, a free, weeklong online journalism workshop hosted by The Washington Post Young Journalists Development Program (YJDP). Participants will work closely with journalists from The Washington Post to sharpen their skills as multiplatform journalists. Workshop topics to include beginner and intermediate level news writing, story development, interviewing, reporting, video editing and more. To view video packages produced by 2011 YJDP Digital Workshop students, visit www.washingtonpost.com/digitalworkshop. To download an application, visit www.washingtonpost.com/youngjournalists.

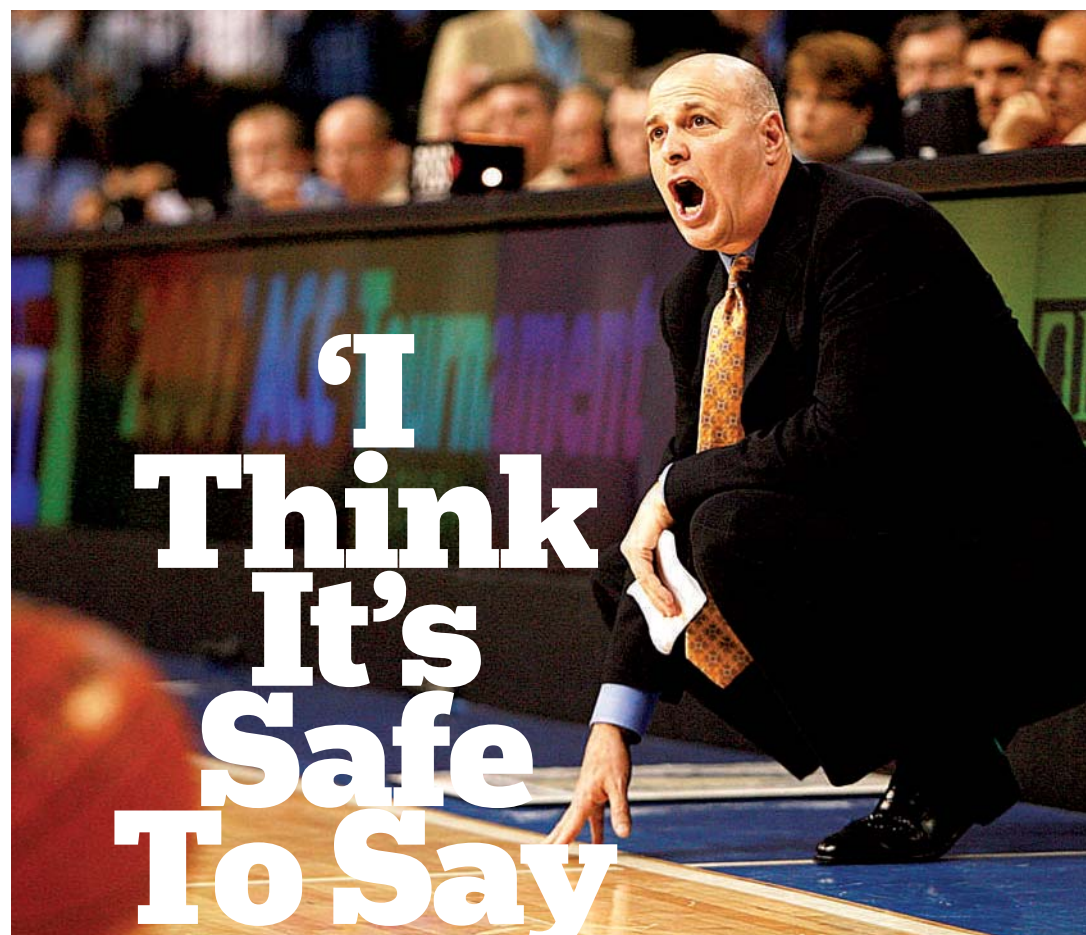
Fast Facts:

- ✓ The workshop runs Monday, August 6 through Friday, August 10, 2012.
- ✓ Sessions run from 9 a.m. - 5 p.m. at The Washington Post building on 1150 15th Street, N.W., Washington, DC 20071.
- ✓ All rising juniors and seniors and graduating seniors are eligible to apply.
- ✓ 10 students will be selected to take part in the workshop series.
- ✓ Applications must be postmarked or delivered by Friday, June 8, 2012.

Contact:

Jaye P. Linnen, The Washington Post
202-334-4917 • yjdp@washpost.com





'I Think It's Safe To Say He Was Shocked'

Va. Tech fires Greenberg after 9 years, citing a need to go in a new direction

Hokies Hoops

Seth Greenberg was fired as the men's basketball coach at Virginia Tech on Monday, a decision athletic director Jim Weaver said he and basketball administrator Tom Gabbard arrived at last week as they assessed the state of the program.

The discussion came after a second assistant coach in two weeks, and sixth in four years, announced that he was leaving Greenberg's staff, this time to take an assistant's job at ACC rival Clemson. Associate head coach James Johnson, a five-year member of Greenberg's staff,

Greenberg at Tech

Seth Greenberg's legacy at Virginia Tech will be his near-misses at reaching the NCAA Tournament. Only in 2007 did the Hokies dance.

WON	SCHOOL YEAR	LOST
15	2002-03	14
16	2004-05	14
14	2005-06	16
22	2006-07	12
21	2007-08	14
19	2008-09	15
25	2009-10	9
22	2010-11	12
16	2011-12	17

was offered a salary matching the one he was to receive at Clemson, but still declined.

"Coach Johnson came to my office Friday morning and told me that it had nothing to do with money," Weaver said.

Last week, Rob Ehsan left to become an assistant at Alabama-Birmingham, and was accompanied by director of basketball operations Jeff Wulbrun, who got an assistant's position at UAB, leaving only John Richardson and Greenberg on the Tech staff.

Other factors, such as Weaver's perception of the way Greenberg and his staff fit into the family atmosphere Weaver tries to promote for all his coaching staffs,

also weighed into the decision, as did a desire to avoid filling out a staff for a short term.

"Mr. Gabbard and I decided last week that one year from now, in 2013, we were not going to extend [Greenberg's] contract at all, nor would we extend the contract the year after that, and because we have three vacancies now on our staff, it made all the sense in the world to us to move forward and change that direction of our pro-

6

The number of assistants to leave Seth Greenberg's coaching staff in the past four years, a factor that led to Greenberg's dismissal. (AP)

gram and hire a new staff that is going to be here," he said.

Greenberg spent nine seasons in Blacksburg, guiding the Hokies to a 170-123 record. They were 16-17 this year, just 4-12 in the ACC, and missed post-season play for the first time in six years. Greenberg, who had four years left on his contract, led Virginia Tech to the NCAA Tournament just once in nine seasons. They won a game in 2007 before losing.

The buyout of Greenberg's contract was \$1.2 million.

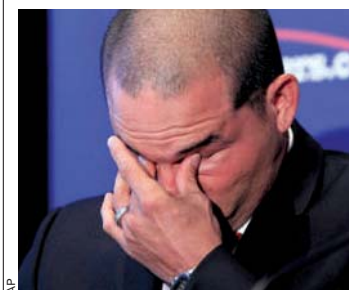
Weaver said the lack of coaching continuity was troubling, especially for a program in the prestigious ACC. "I can certainly understand some coaches leaving, but to have as many leave as we had sat the wrong way with me," he said, adding that the decision "had nothing to do with losing. It had nothing to do with NCAA appearances."

Greenberg was told of his dismissal at about 1:30, Weaver said, adding that "I think it's safe to say he was shocked." Greenberg did not return messages Monday. (AP)

"It made all the sense in the world for us to ... change that direction of our program and hire a new staff that is going to be here."

— VIRGINIA TECH ATHLETIC DIRECTOR JIM WEAVER, ON THE DECISION TO FIRE MEN'S BASKETBALL COACH SETH GREENBERG AFTER TWO ASSISTANTS QUIT HIS STAFF.

In Brief



Ivan Rodriguez holds back tears as he retires as a Texas Ranger on Monday.

PRO BASEBALL

Pudge Calls It Quits

Ivan Rodriguez was back in Texas again. This time, the 14-time All-Star catcher said he has played his last game. Calling it a very hard day after a great run, Rodriguez fought back tears Monday as he announced his retirement at Rangers Ballpark in Arlington. It came nearly 21 years after the fan favorite known as Pudge made his major league debut as a 19-year-old with the Rangers before later playing with five other teams. (AP)

PRO FOOTBALL

Saints Deny Report Alleging Eavesdropping

The New Orleans Saints are denying an anonymously sourced ESPN report alleging that general manager Mickey Loomis' booth was wired so he could listen to opposing coaches' radio communications during games in the Superdome. ESPN could not determine if the system was ever used. (AP)

HORSE RACING

2011 Top Horse Retired

Havre de Grace, the 2011 Horse of the Year, has been retired after injuring an ankle following a workout at Churchill Downs. Owner Rick Porter said Monday on his Fox Hill Farm website that the injury was detected in the champion filly's right front ankle Sunday. (AP)

PRO FOOTBALL

Dawkins Hangs It Up

Brian Dawkins says his head told him to retire, not his neck. The safety called Broncos coach John Fox on Monday to tell him that he'd decided that 16 seasons in the NFL was enough. (AP)

Sports

Bruins No Strangers to Game 7s

Caps try to knock off Stanley Cup champs used to a tight series

The Capitals

Game 7s just happen to the Bruins in the Claude Julien era.

Whether they lead early or trail late, most of the time over the past five seasons, Boston ends up playing a Game 7 to decide its play-off fate.

In Julien's first three years, the Bruins' postseason run ended in Game 7 losses to Montreal (2008), Carolina (2009) and Philadelphia (2010). But that all changed last

season, when Boston won three Game 7s en route to a Stanley Cup championship.

So, it's hardly a surprise to the Bruins — and their fans — that Boston is on the cusp of another Game 7. This time, Washington is the opponent and a thrilling series that has already had six one-goal differential decisions in the first six games — something that's never happened before in the NHL — will come to an end on Wednesday.

One way or the other.

Aside from a four-game sweep of Philadelphia in Round 2 last season, the Bruins defeated Montreal, Tampa Bay and Vancouver in seven games to secure the Cup.



Braden Holtby skates as the Bruins celebrate their 4-3 win in D.C. on Sunday.

But the focus now is on the Capitals, a team that led this series, 3-2, just two days ago.

"I think for Game 7s, what I've

learned so far in my short play-off career, is that it's got to be a balance," Boston center Gregory Campbell said. "You've got to be ready. Game 7s are usually the most intense games because everything's on the line."

While they might be short on actual Game 7 experience, the Capitals ended the regular season in must-win mode just to make the postseason.

"The players, we've been grinding it out every night down the stretch," Washington coach Dale Hunter said. "Game 7 is a grinding kind of game. We're used to playing it. Every game here has been tough." (AP)

TV Lineup

NATIONALS (10 P.M., MASN2)

The Nats start a road trip with Gio Gonzalez on the hill against the Padres.

ORIOLES (7 P.M., MASN) The O's return to Camden Yards to face the Blue Jays.

NHL PLAYOFFS (7:30 P.M., NBCSN)

The Panthers try to eliminate the Devils in Game 6 of their first-round series in New Jersey.

PRO BASKETBALL (8 P.M., 10:30 P.M., TNT) The Heat tip off against the Celtics and the Jazz take on the Suns in late-season contests.

PRO BASEBALL (8 P.M., MLB; 10 P.M., WGN) The Yankees visit the Rangers and the A's host the White Sox.

BOWLING (7 P.M., ESPN2) The USBC Queens roll in Arlington, Texas.

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Redskins Add Linebacker Kehl

The Redskins

The Redskins announced Monday that they agreed to terms with free agent linebacker Bryan Kehl.

Formerly of the St. Louis Rams and New York Giants, Kehl played outside linebacker earlier in his career. But he is expected to move to inside linebacker where he and Lorenzo Alexander would back up London Fletcher and Perry Riley.

Kehl also is a solid special teams player. The 6-foot-2, 244-pound Kehl appeared in 14 games last season, starting one of them. The four-year veteran has recorded 110 tackles, a sack and an interception in his career. (THE WASHINGTON POST)

Arkansas Turns To Ex-Assistant For Next Season

College Football

Arkansas announced on Monday that it is bringing back John L. Smith on an interim basis next year to replace Bobby Petrino.

Smith, an assistant who left the Razorbacks after last season to become the head coach at Weber State, is returning on a one-year appointment, according to the person who spoke Monday on condition of anonymity.

Smith was also a head coach at Michigan State and Louisville, where he was replaced by Petrino after the 2006 season. (AP)

Obama's Heisman Moment



CHARLES DHARAPAK/AP

PRESIDENT OBAMA strikes the Heisman pose after he awarded the Commander-in-Chief Trophy to the Air Force Academy football team on Monday at the White House East Room. The trophy goes to the winner of a three-way season series between the major service academies.



NAMES

JoePa's House?

A person familiar with the discussion says Penn State informally offered to rename Beaver Stadium after Joe Paterno, and the coach's family replied through back channels that it wasn't interested because it was never important to the late head coach. Paterno died at age 85 in January. (AP)

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PI: Janine Danko, MD

V1.0 28 April 2011

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Sports

World Peace in Trouble With NBA

Lakers forward faces suspension for elbow to Harden's head

Pro Basketball

The Lakers jersey says World Peace on the back. The player wearing it is still Ron Artest, and he's in trouble again with the NBA.

Metta World Peace was pounding his chest with his right arm in celebration of a dunk over two opponents Sunday when his left arm suddenly flew out, landing a vicious backward elbow to James Harden's head and dropping the Oklahoma City guard to the hardwood.

Within seconds, the roars of the crowd fell silent as fans watched in



Metta World Peace knocked James Harden out in Sunday's game with an elbow.

disbelief the latest act of violence by a player who changed his name last year to promote peace. In 2004, he was suspended 86 games after jumping into the stands in Detroit

to fight fans, precipitating perhaps the ugliest brawl in North American sports history.

World Peace is likely to be sidelined when the Lakers open the postseason this weekend, and possibly longer. He claims he accidentally clipped Harden while celebrating a dunk, yet given his history as perhaps basketball's most notorious troublemaker since Dennis Rodman, not even his teammates have any idea why he lost control for an inexplicable instant.

World Peace undid much of the goodwill created by his notable charity work over the past few years when he knocked Oklahoma City's top reserve out of the key late-season game, giving him a concussion. GREG BEACHAM (AP)



BANS

Aww, Rats!

The Florida Panthers will no longer sell plastic toy rats at their home arena. Fans throwing the rats onto the ice after goals and during play had been a safety concern. The Panthers, leading the New Jersey Devils in a play-off series, have encouraged people to throw them only after home victories, even threatening ejections if anyone is caught doing so during play. (AP)

1988 The last time that Larry Brown has coached basketball on the college level. On Monday, the Hall of Fame basketball coach, 71, officially took over SMU's beleaguered program. SMU, which hasn't advanced to the NCAA tourney since 1993, is moving from Conference USA to the much tougher Big East in 2013. (AP)

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Who Are This Year's GET FIT CHALLENGERS?



We've finally selected six local individuals who, over the next 12 weeks, will transform their bodies and their lives. But only one will win the Grand Prize: \$5,000 and a FREE one-year membership to Gold's Gym.

Whose fitness journeys will inspire you?

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Then, follow each challenger's progress every Tuesday in the Fit section of Express, where you'll also find expert tips and advice for living a stronger, healthier life.

express

*Total cash prize awarded to the grand prize winner is \$5,000. Total cash prize awarded to the runner-up winner is \$500. One 1 year membership will be awarded to each selected contestant. Limitations may apply. Membership cannot be redeemable for cash. No purchase necessary. Contest is sponsored by Gold's Gym International, Inc. & Express Publications, LLC. Contest is open only to legal residents of the District of Columbia, Maryland & Virginia who are 18 years of age or older at the time of entry. Void where prohibited by law. Entry period begins on 3/12/2012 at 12:01 am Eastern Time ("ET") & ends on 3/27/2012 at 11:59 am Eastern Time ("ET") ("Entry Period"). To enter for a chance to compete in the challenge, complete the form on the contest entry page at www.expressnightout.com/getfit or send a 3.5" x 5" postcard with the required information (including a recent photograph taken within the last 60 days) from the contest entry page to: 2012 Gold's Gym Challenge; Express Marketing Dept., 1150 15th Street, NW, 6th floor Main, Washington, DC 20071. Limit 1 entry per person. Contest participants will be chosen as explained in official rules. Contest is subject to Official Rules; for a copy of Official Rules, please call 202-334-6025.

fit



Guinea Pig | Hello, Dolly

Pretty up a furniture dolly with a cushioned base, and you have the Orbit (\$229, Pilates.com), which is a useful Pilates prop. It can act like the carriage of a Reformer, while still allowing for freedom of movement. The instability is irritatingly effective but makes it possible to do a spinal exercise called “skydiver”: Lie prone on the Orbit, lift your arms and legs, then give yourself a push so you’re spinning in circles.



See your weekly Gold's Gym Trainer Tip on the next page.

Taylor McHugh, 16, trains with XDriffts to improve his basketball skills.



PHOTOS BY TEDDY WOLFF

Ticket to Glide

The XDrift puts power in your hands, without stressing your wrists

The popular, as-seen-on-TV product called the Perfect Pushup doesn't seem so flawless to Claudy Abranchess. The Belgian-born trainer, who's the men's strength coach at the Northern Virginia Sportsplex in Chantilly, likes that the Perfect Pushup's rotating handles allow users to protect their wrists, but he doesn't think the design is particularly versatile for other exercises.

He also has a beef with Gliding Discs, which let users slide between positions as though they're on ice (seriously engaging their core muscles in the process). They keep users' wrists flat on the ground, potentially causing joint pain, and prevent-

ing them from exercising at their full range of motion.

So Abranchess decided to tinker until he came up with a device that had the benefits of both, with none of the drawbacks. The result is the XDrift (\$90 for two, Xdrift.com) — that's short for “extreme drift” but with an extra “f” thrown in to get a unique domain name.

“It's a handle mounted on a platform that swivels on top of a gliding disc,” explains Abranchess, who courted his wife, Kristen, while developing the design four years ago.

“One of our date nights was writing the patent together,” she says, noting that as a trainer, she's also fallen for her husband's product. She's particularly fond of the details that make it multi-purpose, such as indents that help your feet stay put if you're using it to work your lower body.

The handles come off and can change orientation depending on whether you're gripping it with your hands or feet. And each one comes with a cover for the base — kind of like a cloth shower cap — that helps it move smoothly on hard surfaces. (The basic model is better for carpeting.)

What it does depends on what you want, says Abranchess. Beginners start on their hands and knees, with just one hand on a single XDrift that they can push forward, to the side or in a circle. They can progress by hold-

ing XDrifts in both hands and performing facedown chest flies or alternating pull-downs (reach forward with one arm, and then pull back). It's harder if you get up on your toes — and nearly impossible if those toes are balancing on another XDrift that you're pulling repeatedly into your chest. Another option is to stand up and place one foot on an XDrift, then use it to lunge, which tests balance as well as strength.

Abranchess' concept made it to market last summer. He started by targeting university coaches before promoting XDrift to the general public, and it's already at several schools, including Georgetown and Virginia Tech. He's pleased to have already gotten positive feedback, particularly from athletes going through rehab who find the handles easier to hold onto than balls. “Patients have more control, so this is safer,” he says. “And balls aren't rolling all over the place.”

He has found his invention has also been a boon for the younger athletes who come to the Northern Virginia Sportsplex. Parents are often nervous about their kids lifting weights or sustaining injuries by putting pressure on their joints, but they don't need to worry about XDrift, Abranchess says.

Mark Sutto, a 20-year-old soccer player in the Washington Premier League who's been working with Abranchess for three years, got one to keep at home. And his dad can't get enough of it.

“He loves it because it takes pressure off his back,” says Sutto, who calls the XDrift “my secret weapon.” It won't be a secret much longer. VICKY HALLETT (EXPRESS)



Rip Curls

For another new exercise device, try the Rip Trainer (\$190, Trxtraining.com), a lightweight bar connected on one end to a resistance band. Secure the band to a fixed point, then grab the bar. Just standing still a few feet away from the anchor point, you can feel your middle tighten to resist the pull of the band, and you'll feel it even more once you start mimicking movements such as hockey slap shots.

“It's a handle mounted on a platform that swivels on top of a gliding disc.”

— CLAUDY ABRANCHESS, STRENGTH COACH AT THE NORTHERN VIRGINIA SPORTSPLEX AND CREATOR OF THE XDRIFT.





Meet The Trainer

David Ambrose

Certified Personal Trainer
Van Ness Gold's Gym

Health and fitness are an important part of David's life and he believes in leading by example. He trains in a variety of martial arts, including Pencak Silat, Muay Thai and boxing. He is also currently pursuing graduate studies in Health Promotion Management and Nutrition Education at American University. As a trainer, David's passion is guiding, supporting, encouraging and empowering clients to take control of their physical health. He is committed to designing customized programs for his clients that are fun, challenging, sustainable, and lead to permanent lifestyle change.

Certifications:
National Exercise and Sports Trainers Association Certified Personal Trainer • CPR/AED

To schedule an appointment with David or another Gold's Gym trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

Ensure you meet your fitness goals by keeping it fresh and trying something new. Kettlebell training is an all-encompassing workout that is intended to increase strength, endurance, agility and balance. Before you try it on your own, please come see me so I can demonstrate the proper form and technique of each movement.

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baggagecheck



Avoid Rehab for A Broken Heart

Q I go twice a week to see a physical therapist. I'm sure that she has gone out of her way to flirt with me. I've been friendly, but I try to keep things professional, since I know I'll be seeing her again, and I don't want anything to get awkward. I would be happy to start something, but she has a boyfriend. She doesn't discuss the relationship, just mentions the fact in a somewhat related way — as in, "Oh, I've seen that show too, with my boyfriend." I'm not interested in getting into the middle of a complicated relationship. I'm looking for something basic but serious, but I'm just not sure how to read the situation. *CONFUSED*

'It' Isn't the Problem Here

Q I've been Ms. Initiator for years, scheduling girls' nights out, playdates and brunches. Hardly anyone reciprocates. If I want to chat with someone at work, I have to go to their office. My husband isn't that social, so we don't go out much. Even a sibling who lives nearby counts on me to get our families together. I'm so tired of everyone's apathy, but part of me wonders if I'm the problem. I've never had that "It" factor. *ON THE PATH TO FRIENDLESSNESS*

Trust me, many times that "It" factor goes hand-in-hand with a substance abuse problem, financial ruin, an eventual starring role on "E! True Hollywood Story" or all of the above. You are who you are, and people still want to hang out with you. (They're not rejecting your invitations, right?)

That leads me to believe that


it's a problem not with you but with your friends, or your ability to choose them. If people repeatedly come to social events that you initiate and then fail to reciprocate, you can't blame yourself. They're moochers of the first order.

I get your loneliness, though — and for that, may I suggest you read my book, "The Friendship Fix"?

Well, she has a boyfriend — or is at least pretending to have a boyfriend. Which means she either wants you to think she's unavailable so that you won't ask her out, or wants you to think she's unavailable so that you will. So, breaking this down: She's either unavailable, or she wants you to try to break her up. Given that you're interested in something serious, I wouldn't try to start something with her in either of those scenarios. Sorry to say it, you should let her stick with your ankle.



By Dr. Andrea Bonior

 Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (friendshipfix.com).

Event Horizon

Fitness Freebies

Sweat fanatics, clear your calendar. D.C. Fit Week (dcfitweek.com) starts April 30, and that means countless free exercise classes — yoga, Pilates, cycling, dance and more — at area gyms and studios through May 4. The week also offers complimentary courses in other types of fitness (mental, financial, nutritional). But whether you're hoping to work out your quads or your noggin, be sure to register for slots before they fill up.

Moving in the Morning

Kids at D.C. schools are showing up before class for a chance to run, jump and play

When Redskins tight end Chris Cooley swung by Orr Elementary School in Anacostia last Thursday, he explained to the 100 kids circled around him that he'd already exercised that day. "So hopefully I can keep up with you," he said.

Fat chance of that. A few minutes later, after rotating between stations dedicated to burpees, jumping jacks, lunges, squats and fast feet drills, and then participating

in a round of toilet tag (when you're caught, you have to freeze in a squat with a hand up, hoping that someone will "flush" you to put you back in the game), Cooley's jacket was off and he was standing on the sidelines

watching the group do the "Wobble" line dance. "I was sweating," he said. "This is definitely a great workout for anyone."

It's particularly a great workout for kids, which is the idea behind BOKS (Build Our Kids' Success), a program launched in seven D.C. public schools this year.

Founder and executive director Kathleen Tullie, who also visited Orr on Thursday, was a corporate



Children at Orr Elementary line up for relay races as part of the BOKS program, which launched at the school in January.

finance exec turned stay-at-home mom in Natick, Mass., when she read the book "Spark: The Revolutionary New Science of Exercise and the Brain," by psychiatrist John Ratey. Recognizing that activity spurs brain cell growth, improves mood and boosts memory, she persuaded her school's superintendent to allow her to create a 45-minute before-school exercise program that kicked off in October 2009.

"Word-of-mom started," Tullie says, and the program was soon adopted by the Reebok Foundation, which has helped promote



Redskins tight end Chris Cooley got a taste of BOKS with some Orr students.

and fund the expansion of BOKS in Boston and beyond. Starting last fall, that has included Washington, which encouraged the program to specifically target kids in Ward 8, who have the highest rates of obesity in the city.

The Reebok Foundation is covering all costs for the five schools in Ward 8 that have launched the program, although Ewunike Akpan, BOKS' D.C. area coordinator, notes it doesn't cost much to pay trainers (at least one for every 20 kids) and buy basic equipment (i.e. cones and jump ropes). Any school interested in participating can receive free organizational materials and lesson plans, which include an emphasis on a skill of the week (such as push-ups and squats) as well as games and a "BOKS Bit," a cool-down that's combined with nutrition advice.

At Orr, where students have P.E. just one or two times a week, depending on grade level, principal Michelle Evans was eager to get moving with BOKS. "It's an oppor-

tunity to get healthy in the morning," says Evans, who has seen vast behavioral improvements since implementing the program in January. It hasn't just benefited the students; it's helped staff and parents looking to get exercise, too. They're welcome to assist lead trainer Dewayne Curry, who has two daughters at Orr, Evans says, or join the adult Zumba class that spun off of the BOKS program a month ago.

Most of D.C.'s BOKS programs have an average of 50 students, but

BOKS Bits

BOKS is going big-time with its official national launch on May 16 in New York City at an event featuring Eli Manning. Find out more about the program — and how to bring it to a school near you — at Bokskids.org and on the BOKS Facebook page.

Orr has more than 100 — more than a third of its student body. And rather than do it just two or three times a week, which is the typical schedule, Orr has opted to keep it going Monday through Friday. Both of those decisions have helped it quickly become a part of school culture.

Antione Redman, 9, is such a fan that he pitches in by setting up the equipment every morning. "I've been losing weight, and my mom likes it because she wants me to lose weight," says Redman, who regularly does burpees and planks outside of school now. So does Kym Danny, 7: "I do some jumping jacks at home, and burpees, and I go to bed because I'm so tired."

Those are words all parents want to hear.

"So why not do this at every school?" Tullie asks. With 84 schools already on board, and with a goal to be in 300 by the fall, that dream sounds a lot like a plan.

VICKY HALLETT (EXPRESS)

Event Horizon Summer Prime

Summer vacation is usually synonymous with active exploration, but once school's out for the year, there are lots of children left with nothing to do for their minds or bodies. The YMCA is aiming to change that with this year's Healthy Kids Day, on Saturday, April 28. With free events at 1,900 locations across the country, the plan is to get kids and parents ready for the season. Head to the YMCA National Capital (1711 Rhode Island Ave. NW) between 10 a.m. and 2 p.m. for a scavenger hunt, an African dance performance, group exercise demos, health and blood pressure screenings, healthy snacks and more. Times at other locations vary, so see the full schedule for all area YMCA branches at Ymccdc.org.

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fit phys ed

For a Fun Race, Just Add Water

There's definitely a chance to play dirty at these mud runs

Nobody likes a stick in the mud. But a runner in the mud is a totally different story. You'll have a chance to get your hands — and the rest of your body — dirty at these upcoming races, where the goal is to be both fast and filthy. Better buy some extra soap.

RunAmuck

April 28, Rockville,
Runamuckfestival.com

You don't have to wear a costume, but you'll feel underdressed if you don't at this 5K festival, which encourages participants to hang out all day long listening to live music and partaking in food and beverages. Don't like the idea of traversing obstacles and loads of mud alone? You have the option of competing in pairs or teams of four.

Hero Rush

April 28, Clarksburg, Md.,
Herorush.com

Firefighters designed this 5K course, which is scattered with obstacles inspired by their day job, so participants will be sliding down poles, running up stairs and carrying stretchers. And, of course, when the hoses come out, there's bound to be mud. The day's activities also include a free race for kids.



ISTOCKPHOTO

Mud runs aren't exactly good clean fun.

Rugged Maniac

May 5, Petersburg, Va.,
Ruggedmaniac.com

Harpoon sponsors this 3.2 miler, which means runners have a cold one waiting for them at the finish line. (The first beer's on the house.) But just before they get there, they need to pull themselves out of a muddy water pit — the last of 18 obstacles in their way.

Warrior Dash

May 19 and 20, Mechanicsville, Md.,
Warriordash.com

There's beer for competitors here too, but the even better reward is a fuzzy warrior helmet. Runners will earn both on the 3-mile course, featuring a mess of obstacles. If you want to get special treatment, raise \$250 or more for St. Jude Children's Research Hospital. That earns free food and private showers.

VICKY HALLETT (EXPRESS)

18 The average daily number of minutes of moderate-to-vigorous exercise by women in an Oregon State University study that tracked the daily activity of more than 1,000 men and women in a nationally represented sample. Men in the study averaged 30 minutes, which is the minimum amount currently recommended to prevent metabolic syndrome (the collection of risk factors that increase one's risk for heart disease, stroke and type 2 diabetes). Researchers found that people who reached the 30-minute mark were less likely to be depressed or have high cholesterol. (EXPRESS)

lookout



Character Work

Lindsay Lohan will play Elizabeth Taylor in a Lifetime movie **43**

Sound Bets



COURTESY ROCK PAPER SCISSORS

Soul Music

I'm not religious, but I am devoted to religious music. Bach's sacred works, Burning Spear's odes to Jah, the Sufi trances of Nusrat Fateh Ali Khan, John Coltrane's "A Love Supreme" — music inspired by a higher power often translates into sonic blessings.



By Christopher Porter

On "Timbuktu Tarab," Khaira Arby, above, sings praises to Mohammed (on the song "Salou"), but this Northern Malian bandleader is also concerned with earthly issues. In the fierce desert-blues style made popular by her cousin Ali Farka Toure, Arby wails for the plight of women in Mali (on "Waidio") and against female circumcision (on "Feriene"). "Sourgou" makes a bold anti-colonialist statement, and "Youba" is a pro-laborer anthem.

When Arby takes the stage on May 2 at DC9 (1940 9th St. NW), listeners will hear her sing in several languages, and it's likely that none of them will be English. But her blazing energy crosses linguistic barriers — as well as religious differences. Arby's is a universal artistic power that is ultimately human, no matter the theistic outlet her creativity is plugged into.

@ Read Christopher's previous columns at: expressnightout.com/soundbets

File → Save → Preserve

Our ever-evolving pop culture and tech finds a future home in the Library of Congress

Museums

The librarians of the nation kicked off Preservation Week Monday, the Holy Week for collection specialists, a time of dusty tomes and deacidification spray and the other niche materials used to preserve the great documents of our country: our presidential papers and Lincoln Bibles and notes handwritten by Emily Dickinson.

But for now, let us talk about "Rise of the Dragon."

"Rise of the Dragon" was a video game released in 1990. It came on a stack of 6-inch floppy disks, which meant that it was played on a belligerent, boxy computer, a pile of tan plastic with a bubble screen.

No right-thinking person would still own this game. But the Library of Congress does.

"As you can see, we have the first 25 and the last 25 pages of [the game's] source code, too," says Greg Lukow, the chief of the library's motion picture and sound division. He is proud of the library's collection, which includes not only "Rise of the Dragon," but also "Dexter," "American Reunion," the home movies of nobody citizens, cached and abandoned Web pages, and defunct technologies.

Through the Library of Congress — the archaeologists of our recent history — we can explore not who we were a long time ago, but who we were just yesterday.

Books have worked the same way, more or less, for centuries. They are a remarkably intuitive technology. Open, read, close. "Or if you have



← **FLOPPY DISKS:** The 1990 video game "Rise of the Dragon," which came in a stack of 6-inch floppy disks, is stored at the Library of Congress.



PHOTOS: SARAH L. VOISANT/TWP

"What we have here is a mint collection of American creativity."

— GREG LUKOW, CHIEF OF THE LIBRARY OF CONGRESS, ON THE PACKARD CAMPUS FOR AUDIO-VISUAL CONSERVATION, WHICH IS FULL OF OUTDATED EQUIPMENT.

a photo album, you know exactly what that is," says Bill LeFurgy, of the library's National Digital Information Infrastructure and Preservation Program. "It's self-evident. It's self-describing."

Now consider the disc. The disc is not intuitive. The disc may contain photographs, but the disc will not show them to you unless you

know how to open it — which, as everyone moves to the Cloud, will become an increasingly antique skill. In 75 years, the disc will be modern civilization's hieroglyph; the Rosetta Stone will be the user manual of an Apple IIe.

"I worry about this," LeFurgy says. "I worry about things being thrown away."

All of this worry coincides with the rise of self-curation — our Instagrammed era in which every meal, photo, event and thought is hashtagged and filed away with a virtual Sharpie. But for all of the organizational skills that Pinterest has bestowed upon us, we are remarkably unconcerned with how accessible our virtual collections will be to our progeny. Consider this: It might be easier to access Granny's 80-year-old diaries than it is to access your now-defunct Friendster profile.

But maybe the archeologists of the near future will be able to sift through our floppies, our flash drives. Maybe they will sit down for hours and master all of the levels of "Rise of the Dragon," and hidden in the source code will be all of the secrets of humanity, and we will completely understand who we once were.

MONICA HESSE (THE WASHINGTON POST)

lookout entertainment

top
stops



JOAN MARCUS

1 A Sharp Minor

Twyla Tharp is the modern dance choreographer whom even people who hate modern dance adore. She proved her Broadway mettle with "Movin' Out," a dance show set to the music of Billy Joel. Her follow-up, "Come Fly Away" (with Mallauri Esquibel and Ron Todorowski), sets thrilling dance numbers to a soundtrack of Frank Sinatra hits. **Kennedy Center, 2700 F St. NW; through Sun., \$69-\$125; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

2 The Sound Of Sharing

There is no "normal" D.C. Listening Lounge meeting. These informal monthly gatherings are all about finding new ways of listening to sound — by any means possible. Think of it like a show-and-tell show for sound: If you hear something, make a recording and play it for others, then you have all you need to get ready for tonight. **For more information about Tuesday's D.C. Listening Lounge at 7:30 p.m., email sound@dclistinglounge.com.**

3 Taking the Cake

The problem with most reality competitions is you can't eat the contestants. But at the "Makes Me Wanna SHOUT!" Baking Challenge, you (or at least the judges) can get pretty close. This Tuesday is the final round, and five local amateur bakers are competing for money, prizes and getting their cake on the menu at Eatonville Restaurant.



The event is free (call for reservations), but you'll want to eat and drink something, since 5 percent of the proceeds go to Martha's Table. **Eatonville Restaurant, 2121 14th St. NW; 5 p.m., free; 202-232-9673, Shoutbakingchallenge.com. (U Street)**



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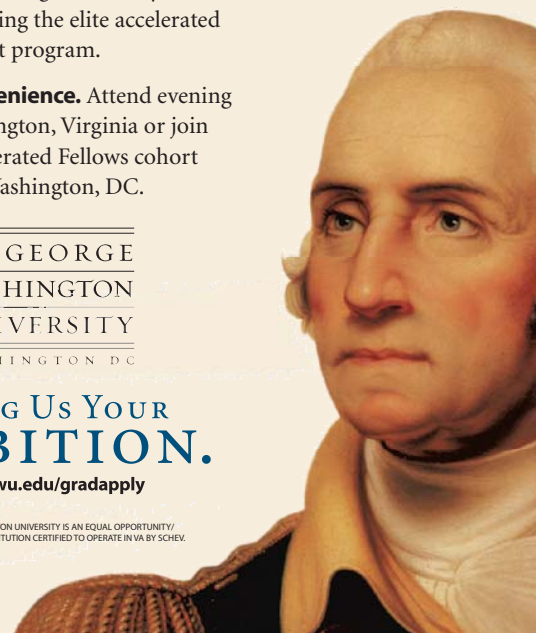
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An Even Bigger Sound

Acoustic metal duo Rodrigo y Gabriela adds backup players for its current tour

Music

Part of the appeal of Rodrigo y Gabriela, the duo that combines flamenco and metal shredding on acoustic guitars, is that all its fury is created by just two people.

So fans may be understandably taken aback when the two walk onstage for their current tour, in support of new album "Area 52," with six other musicians.

"Some of the fans are surprised," Rodrigo Sanchez says. "But as the show goes along, they understand." Some in the audience may be relieved when the additional musicians, performing under the name



Rodrigo Sanchez, left, and Gabriela Quintero, right, are a couple but aren't married.

C.U.B.A., clear for the second half of the show, leaving the duo fans have come to love.

The augmented duo represents for Sanchez and Gabriela Quintero, both 38, a return to their original

form, a band. When the longtime couple, who are not married, gave up on their Mexico City metal band and moved to Ireland in 1999, they performed on the streets.

With Quintero beating a thump-

ing percussion on her guitar and Sanchez soaring with an intricate melody line, they kept their heads down and played three speeds, according to one early reviewer: "fast, very fast and super fast."

Though they're depicted in a music video in front of huge stacks of speakers, they produced their power on the nylon strings on acoustic guitars, breathing new life into songs inspired by classic rock.

Back with a band, and all the communication and musical exchange that represents, Sanchez says, "We feel way more relaxed; we feel we're sharing responsibilities onstage after so many years of being on our own."

ROGER CATLIN (THE WASHINGTON POST)

• Warner Theatre, 513 13th St. NW; Wed., 8 p.m., \$55; 202-783-4000, Warnertheatredc.com. (Metro Center)

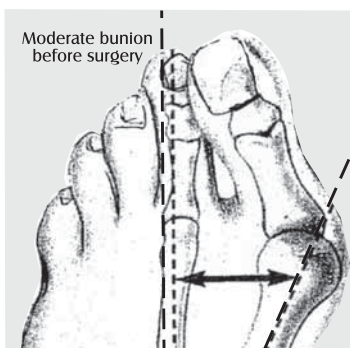


good to know » Jimmy Fallon's first comedy album since 2002 is called "Blow Your Pants Off," will be out on June 12 and features Bruce Springsteen. » Mary J. Blige will sing the national anthem at the Kentucky Derby on May 5. » A special episode of Zach Galifianakis' Funny or Die Web series, "Between Two Ferns," will air on Comedy Central May 6. (EXPRESS)

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METRO-GOLDWYN-MAYER PICTURES/COLUMBIA PICTURES

Daniel Craig reprises his role as the world's most famous secret agent in "Skyfall."

James Bond, All Shaken Up

Daniel Craig teases a return to campy humor in 007's next adventure, 'Skyfall'

Film

On the set of the new James Bond film, Daniel Craig and gang aren't letting much slip about the plot of "Skyfall."

This is what we know: Adele may or may not sing the theme song. Judi Dench's character, spy chief M, may or may not die. There will be guns.

All will be clearer once the juggernaut that is Bond — the world's longest-running movie series — rolls into cinemas Nov. 9.

For now, prying details out of the cast is about as easy as prying 007's Walther PPK out of his hand.

The only seismic plot point the studio will discuss — officially — is that "Bond's loyalty to M is tested as her past comes back to haunt her."

The juiciest nugget from Craig is that "Skyfall" will be laced with more comedy than his previous Bond outings, which were punctuated by seriousness (verging on sterility in the last film).

"I'm so camp in this one, I've gone quite far," says Craig, 44.

"There is a lightness of touch in the writing, I think, that's not been as evident in the last two, and I'm very excited about that."

— DANIEL CRAIG ON "SKYFALL," THE NEXT FILM IN THE JAMES BOND SERIES.

"There is a lightness of touch in the writing, I think, that's not been as evident in the last two, and I'm very excited about that."

Cue cringe-worthy flashbacks to the cornier days of Bond, as in "Die Another Day," when Pierce Brosnan tells his fencing instructor, "I have been known to keep my tip up."

A more lighthearted Bond would be a dramatic departure for Craig, whose first outing as 007, "Casino Royale," is often talked about in the same breath as "Batman Begins" — a wildly successful reboot of a film series that returns to its origins with a darker, less sophisticated hero.

If critics are concerned about a wittier, funnier outing from Craig, well, he says, "you gotta take risks in this business."

KARLA ADAM (THE WASHINGTON POST)

TV tonight **lookout**

Best Bets

CW
8:00



90210 To alleviate her friends' concerns that she's rushing into marriage, Naomi (AnnaLynne McCord, left) throws a party so they can get to know P.J. Austin has a proposition for Adrianna. Annie confesses her feelings to Caleb, while Silver is conflicted about Navid.

BRAVO
9:00

The Real Housewives of Orange County Heather, right, is tired of being a stay-at-home mom and heads to Hollywood to audition for an acting role, while Alexis wants to hire a coach to help her realize her dream of becoming a TV host.



HIST
10:00

Top Shot Armed with a belt-fed Browning 1919 machine gun mounted on an authentic World War II halftrack, shooters blast their way through an explosive individual challenge. (TRIBUNE MEDIA)



THE L.A. COMPLEX

Young and Hungry

CW
9:00

Attractive strivers hang out poolside at a run-down Hollywood motel while awaiting their big break in the CW's newest series. "The L.A. Complex" marks the network's belated acknowledgment that things like poverty and desperation exist. So it's kind of a big deal. Example: Aspiring actress Abby (Cassie Steele, above) is first seen being evicted by a violent landlord and having the engine overheat in her old and unfashionable car. So it's not exactly "Melrose Place." (UNIVERSAL UCLICK)

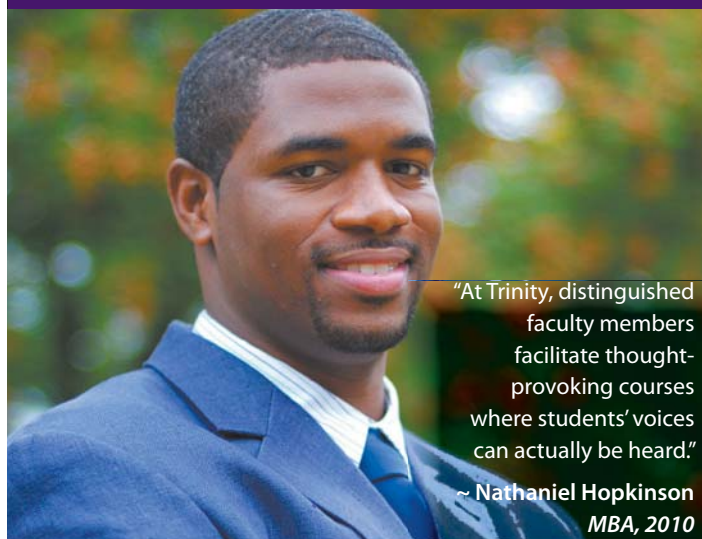
Investigation



Financial Fallout

The four-hour "Frontline" (9 p.m., PBS) report "Money, Power and Wall Street" investigates how government and the financial industry have struggled since 2008 to bring the economy back from the brink of a second Great Depression, covering the decisions that worked and the roads not taken as Washington and Wall Street forged an uneasy alliance. (TM)

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Program Overview

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Positions: Camp Moss Hollow 2012

General Duties: Under the direction of the Camp Director/Program Directors and with use of initiative and judgment, staff members will be responsible for the planning, development and implementation of the following specific programs or areas of specialization.

Assist. Cook: Ability to cook, plan meals and develop menus against the USDA nutritional requirements. Two years or more in supervisory capacity in school, commercial or institutional kitchen. Ability to work with and supervise others, especially young people. Must pass physical exam and TB test. Must have Serve Safe Certification. On-site or local commute position, however, must be available during the week, Monday - Friday to prepare meals from breakfast through dinner for children on-site. Some week-end included.

Registrar: Coordinates the seasonal summer registration process for summer camping program under the guidance of the Office Manager and Registrar for the Youth Development Programs Department. Provides customer service and program information to parents and community based agencies sending children to camp. Schedules appointments, assists with camper applications and fees; meets with parents and creates needed reports related to the enrollment process. Assists with other related duties as assigned. Proficient in computers. AA degree; college education preferred. Customer Services Skills. No license required.

Counselor: Provides individual and group guidance through structured activities in a residential setting. Organizes or assists with activities related to social skill building, recreation and academics. Assist students with daily hygiene and personal care in preparation for scheduled activities. Initiates activities as appropriate within cabin and small group setting on a daily basis. Supervises all cabin activities for the safety and security of each participant.

Unit Leader: Provides leadership and guidance to counseling staff; provides group guidance to staff and camper unit through structured activities in a residential setting. Plans, organizes and implements activities related to social skill building, recreation and academics.

Specialist: (Spanish Teacher & Tennis)
Provides a quality program through group instruction for campers a specialized activity format. Plans, organizes and implements daily lessons for all ages on site. Conducts orientation sessions for campers and staff. Responsible for safety and security of each participant.

Nurse: Provides general nursing care to campers and staff in residence. Screens all participants, monitors and supervises daily medications of campers and staff to maintain the health and well-being of all participants.

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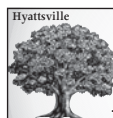
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LANDOVER, MD- Furn BR \$150/wk incl all utls. No sec dep. No Credit check. **301-516-1243 or 240-550-7285**

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ROOMMATES

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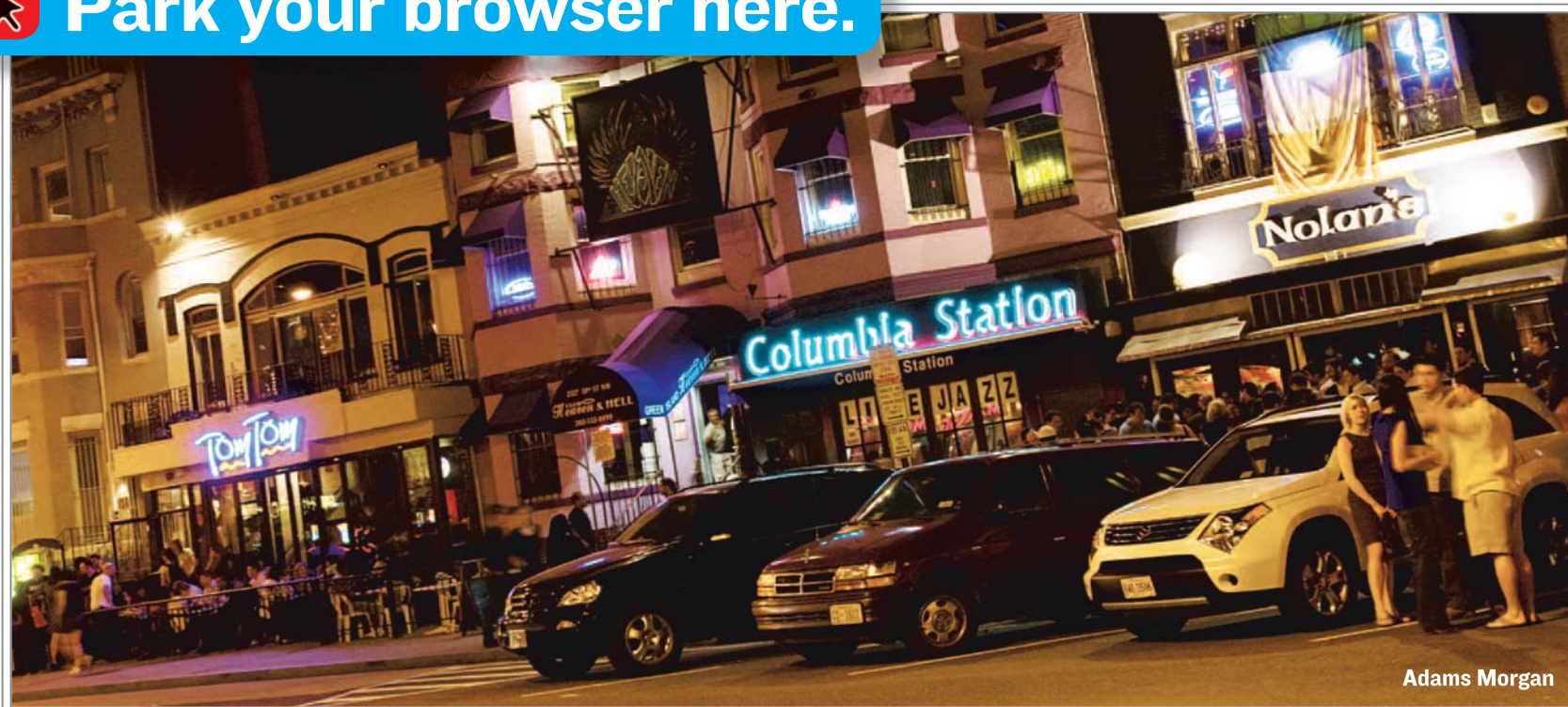
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“There are some things you should never do while gambling. Don’t accept a wager on live national TV. Don’t agree to a bet that involves you doing something if you lose but not receiving anything in return if you win. And, for Christ’s sake (literally!), don’t bet against Tim Tebow.”

—CHRIS YUSCAVAGE AT COMPLEX.COM is stunned that recording artist Wale did all three at once Monday morning while appearing on ESPN’s “First Take.” Wale told the show’s Skip Bayless that if the New York Jets’ Tim Tebow starts six games in the 2012-2013 season, he’ll cut his dreadlocks off at season’s end, without asking for anything in return if he wins the bet.

“You know, we were just wondering when we might get another installment of Zach Galifianakis’ hilariously awkward, Funny Or Die talk show ‘Between Two Ferns’ and it looks like he’s gonna make up for some lost time. ... We can’t wait.”

—KEVIN JAGERNAUTH AT BLOGS.INDIEWIRE.COM/THEPLAYLIST is looking forward to the television debut of “Ferns,” set for May 6, ahead of the Comedy Awards on Comedy Central.

“It’s wild to think that it’s been a quarter of a century since Fox was the new kid on the block that no one believed would last. ... ‘Fox’s 25th Anniversary Special’ ... was a memorable and honest look back at the network that went from destined to fail to the number one destination on television.”

—JASON HUGHES AT HUFFINGTONPOST.COM enjoyed the two-hour special hosted by Ryan Seacrest Sunday night, which featured cast reunions and interviews with members of such classic shows as “Married With Children,” “The X-Files,” and “That ’70s Show.”

“One thing I find weird about a lot of ‘Girls’ recaps I’ve been [reading] are how jokey/glib they are. To me, it’s such an emotional show.”

—@EMILYNUSSBAUM is seemingly taking the HBO comedy series created by Lena Dunham more seriously than most people.

“Oh yeah, I used to have a Mac. Then one day I realized, hey, it is just way too quiet in here! I need some kind of constant mechanical clatter to be really productive!”

—HALLE KIEFER AT BESTWEEKEVER.COM can’t understand why anyone would ever buy a USB typewriter, which are available on Etsy.com for upward of \$600.

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puzzles lookout

Horoscope

TAURUS (April 20-May 20) You may not understand the reasons behind certain instructions today, but you will have to follow them to the letter.

GEMINI (May 21-June 20) Keep yourself in tune and ready for what comes. You cannot afford to do anything in a way that could easily be bested by another at this time.

CANCER (June 21-July 22) You may have reason to get in touch with someone who played a pivotal role in your life some time ago. Changes are in the wind.

LEO (July 23-Aug. 22) Put yourself in another's shoes today and you'll benefit from a broader, more detailed perspective.

VIRGO (Aug. 23-Sept. 22) You won't have much time to get everything done today, so you will want to take advantage of every one-on-one opportunity.

LIBRA (Sept. 23-Oct. 22) Others are likely to gravitate toward you simply because you have the kind of energy that attracts attention — and loyalty.

SCORPIO (Oct. 23-Nov. 21) You may see those around you shaking their heads — but don't misinterpret! They are astonished by your creativity, not put off by your manner.

SAGITTARIUS (Nov. 22-Dec. 21) It's time to get yourself in better shape — and you know it. Physically and mentally you have been a bit too lax.

CAPRICORN (Dec. 22-Jan. 19) You'll be able to look back on the day and smile — but only if you take care of a certain personal issue as early as possible.

AQUARIUS (Jan. 20-Feb. 18) Others may not want you to go off on your own at this time, but you know that it is necessary to your mental and emotional well-being.

PISCES (Feb. 19-March 20) You can show others just how well you can perform under pressure today. Indeed, you can make it look very easy!

ARIES (March 21-April 19) You'll know just where you stand today after speaking with one or two individuals in charge. Things are looking up, certainly.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 240

O ₁	U ₁	U ₁	D ₂	F ₄	N ₁	N ₁

--

 RACK 1

I ₁	I ₁	I ₁	D ₂	S ₁	P ₃	N ₁

3rd Letter Double

--

 RACK 2

I ₁	O ₁	D ₂	S ₁	F ₄	L ₁	X ₈

Triple Word Score

--

 RACK 3

O ₁	U ₁	Y ₄	H ₄	R ₁	D ₂	G ₂

--

 RACK 4

Yesterday's Solution

U ₁	N ₁	F ₄	O ₁	L ₁	D ₂	
D ₂	U ₁	S ₁	T ₁	I ₁	L ₁	Y ₄
I ₁	N ₁	V ₄	I ₁	T ₁	E ₁	E ₁
M ₃	I ₁	N ₁	D ₂	F ₄	U ₁	L ₁

 PAR SCORE 145-155

 RACK 1 = 10
 RACK 2 = 62
 RACK 3 = 60
 RACK 4 = 89
 TOTAL 221

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		3			2	5	7	8
4	7		5		8		6	
		5		6				9
2	6	9	3			7	1	4
				2				
5	3	1			7	8	9	2
9				5		6		
	5		8		9		2	1
3	2	4	1			9		

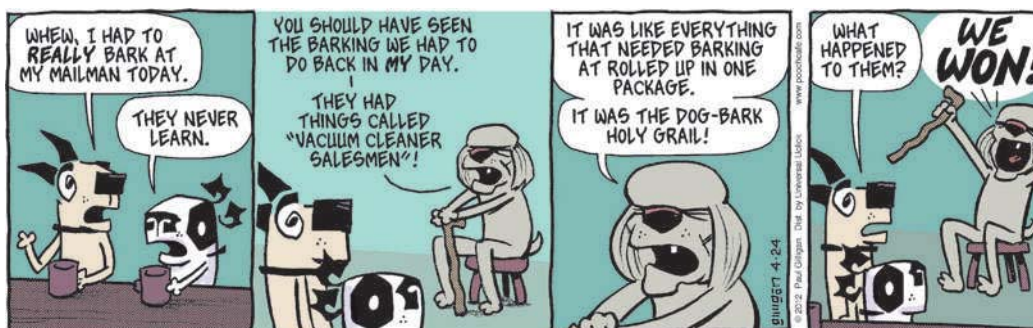
Yesterday's Solution

7	4	3	2	8	5	9	6	1
1	8	6	7	4	9	2	3	5
9	2	5	3	1	6	8	4	7
3	1	4	9	7	2	5	8	6
2	7	9	5	6	8	3	1	4
6	5	8	4	3	1	7	9	2
4	9	2	1	5	3	6	7	8
5	6	1	8	9	7	4	2	3
8	3	7	6	2	4	1	5	9

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast


61 | 43

Today: Partly sunny and breezy today. Partly cloudy tonight.


65 | 50

Tomorrow: Partly sunny tomorrow. A shower late tomorrow night.

Looking Ahead



THU **FRI** **SAT**
73 | 51 68 | 52 68 | 58

Sun and Moon

Sunrise today: 6:19 a.m.
 Sunset today: 7:54 p.m.
 Moonrise today: 8:14 a.m.
 Moonset today: 11:12 p.m.

Almanac

Normal high: 69
 Record high: 95
 Normal low: 49
 Record low: 33

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David Maraniss

The Washington Post's Pulitzer Prize-winning editor and critically acclaimed biographer of Bill Clinton and Vince Lombardi. His upcoming book *Barack Obama: The Story* is to be published in June.



WRITING WITH A POINT

Dana Milbank

Nationally syndicated columnist with The Washington Post and the author of three books on politics – *Tears of a Clown*, the national bestseller *Homo Politicus* and *Smashmouth*.



WRITING FROM THE HEART

Donna Britt

Former award-winning syndicated columnist for The Washington Post, and author of *Brothers (and me): A Memoir of Loving and Giving*. She has written for The Detroit Free Press and USA Today.



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Crossword

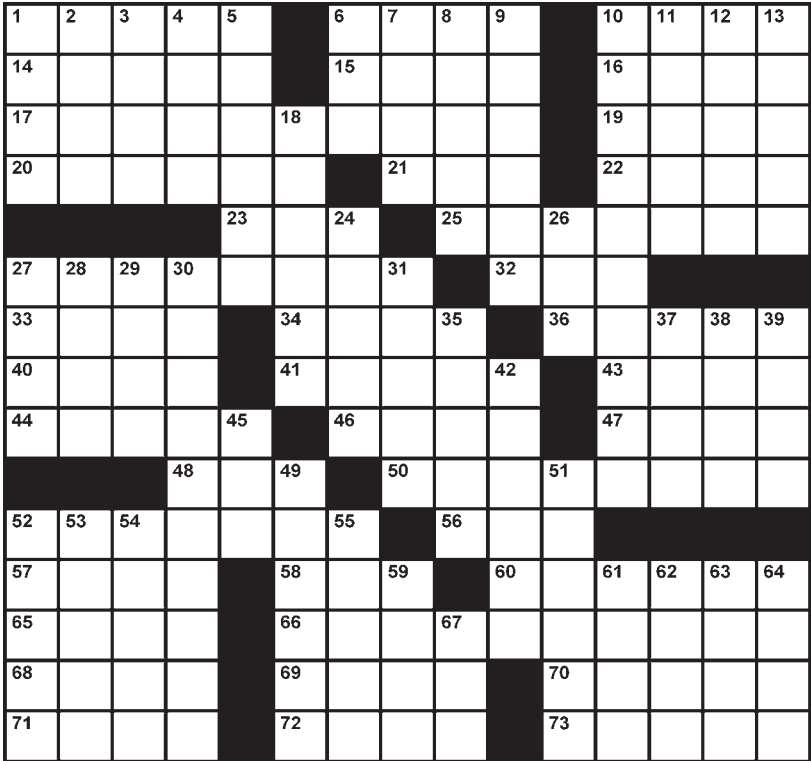
MIDDLE EAST

ACROSS

- 1 Striking success
- 6 It put a man on the moon
- 10 Bad cut
- 14 Tombstone's place
- 15 Nails it, say
- 16 Division problem word
- 17 Left the straight and narrow
- 19 Prez's second-in-command
- 20 In short supply
- 21 Right-angled annex
- 22 Roof's overhang
- 23 ____ de toilette (perfume)
- 25 Candy-coated
- 27 It could be fallow or verdant
- 32 Pas' spouses
- 33 Realtor's calculation
- 34 Last day of Caesar's term
- 36 Ermine by another name
- 40 Be offended by
- 41 Little litter members
- 43 "... ____ to leap tall buildings"
- 44 Cafeteria patron
- 46 Case for needles and pins
- 47 Bookbinding material
- 48 Bering Sea diving bird
- 50 Ore refiners
- 52 Woolen fabric
- 56 Poker tour player
- 57 Dismounted, as a horse
- 58 Period for historians
- 60 Unrepairable
- 65 Common way to charge
- 66 How something heavy drops
- 68 "____ Cowgirls Get the Blues"
- 69 Morally wicked
- 70 Celebrity bovine
- 71 Transmit
- 72 Forbid
- 73 Descends a hill, perhaps

DOWN

- 1 Baker's dozen?
- 2 Jockey's tool
- 3 Turner in flicks



EDITED BY TIMOTHY E. PARKER

- 4 Assert confidently
- 5 Plant with prickly leaves
- 6 Turner of history books
- 7 Part of the back 40
- 8 Marine frolickers
- 9 Political shelter
- 10 Jump out and shout "Boo!"
- 11 "That was ____ death experience!"
- 12 A Wynn in Vegas
- 13 Was optimistic
- 18 Sailor's lungful
- 24 Excessive, as influence
- 26 You may step on it in a rush
- 27 Fortune partner
- 28 Highlight at La Scala
- 29 Price of quarters
- 30 Was defiant, in a way

- 31 Body shop corrections
- 35 Go on the campaign trail
- 37 It gives the orchestra an A
- 38 Apple spray of old
- 39 Till compartment
- 42 Bogart film "High ____"
- 45 Boring thing to be stuck in
- 49 ____ over (capsized)
- 51 Jerks
- 52 Silent hellos and goodbyes
- 53 "Drab" army color
- 54 Gone heavenward
- 55 "Home, James"
- 59 Cut from the same cloth
- 61 "____ put hair on your

- chest!"
- 62 It may really smell
- 63 Oklahoma town
- 64 "Disco Duck" DJ Rick
- 67 "Tarzan" star Ron

Yesterday's Solution



Today in History

1800 Congress approves a bill that establishes the Library of Congress.

1898 Spain declares war on the United States. (The United States responded in kind the next day.)

1980 The U.S. attempts to free the American hostages in Iran, an unsuccessful mission that resulted in the deaths of eight U.S. servicemen.

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people **lookout****UNIONS****'I Now Pronounce You Rich Dude Who Dresses Like a Hobo and Wife'**

Carey Mulligan married Marcus Mumford on Saturday wearing a Prada gown and pink rain boots, *Usmagazine.com* reported. Their Somerset, England, nuptials were attended by 150 guests, including Colin Firth and Jake Gyllenhaal. The Mumford & Sons singer proposed to Mulligan in August. (EXPRESS)

SIBLINGS**'Here's an Award. Oh, You Have to Share It With Your More Important Brother'**

Prince Harry has won the Atlantic Council Award for Distinguished Humanitarian Leadership for his charitable works on behalf of wounded servicemen. Harry will receive the award in Washington, D.C., next month. He will also receive the award on behalf of Prince William, in recognition of their charitable foundation. (AP)



Try as he might, Harry could not roll his eyes far enough back to read his hat.

Random**'I'm Not a Doctor, But I'm as Close As You'll Get on Short Notice'**

Former "ER" star Noah Wyle and more than 100 members of the group ADAPT were arrested Monday during a Capitol Hill protest to urge Congress not to cut Medicaid. The protesters, many in wheelchairs, were handcuffed in the rotunda of the Cannon House Office Building. (AP)



TOBY CANHAM/GETTY IMAGES

Lindsay guffawed at Noah Wyle. That guy takes himself way too seriously.

COMEBACK ATTEMPTS**Fifth Time's the Charm**

Lindsay Lohan will portray Elizabeth Taylor in a Lifetime film, "Liz & Dick," about Taylor's love affair with actor Richard Burton. Lifetime on Monday made official a casting decision rumored for months. There was no mention of who will play Burton or when the film will air. Taylor and Burton met as co-stars of the 1963 epic "Cleopatra." They fell in love as the world looked on, left their respective spouses and got married. Then they divorced, only to remarry and divorce again. (AP)

**DRAMA****On a Suspenseful New 'Giuliana & Bill': Cloth Or Disposable Diapers?**

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Giuliana had breast cancer and underwent a double mastectomy. Much of the couple's Style Network reality show, "Giuliana & Bill," has been devoted to their fertility issues. (AP)

"A voice in my head told me to delete my Twitter and that's what I did."

—NICKI MINAJ, SPEAKING TO BBC RADIO 1 ABOUT WHY SHE LEFT TWITTER AND HER 11 MILLION FOLLOWERS. SHE'S UNDECIDED ABOUT WHETHER TO RETURN.

**HEALTHY FEMALE VOLUNTEERS NEEDED**

The National Institute of Mental Health is conducting a clinical research study with an experimental drug to determine if this drug may reduce stress and anxiety. The effects of the drug will be compared to an approved anti-anxiety drug and to a placebo, an inactive pill. There is no cost for participation. Compensation may be provided.

You may be eligible to participate if you:

• Are between 21-50 years of age and in good health

You may not be eligible to participate if you:

• Have heart disease, history of chest pain, angina, peptic ulcer or epilepsy
• Are pregnant or nursing • Have depression, anorexia, bulimia or anxiety

The study involves:

• 6 outpatient visits to the NIH Clinical Center over a period of 8-9 weeks

Location:

• The NIH Clinical Center is located in Bethesda, Maryland it is easily accessible via the Metro Red line (Medical Center Stop)

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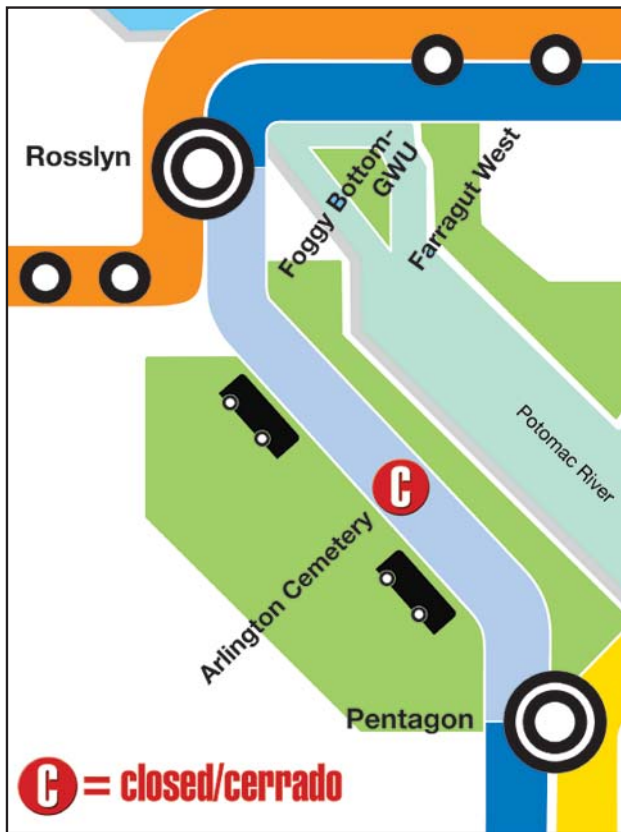
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Weekend Track Work



From Friday, April 27 at 10 p.m. to Sunday, April 29 at closing: Buses replace trains on the Blue Line between Rosslyn and Pentagon. From Friday, May 4 at 10 p.m. to Sunday, May 6 at closing: Buses replace trains on the Green Line between Greenbelt and Fort Totten.

Temporarily closing stations and suspending train service is necessary while Metro replaces wooden ties, replaces rail fasteners, performs grout work, and renews rail and insulators.

To get last train times or information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

